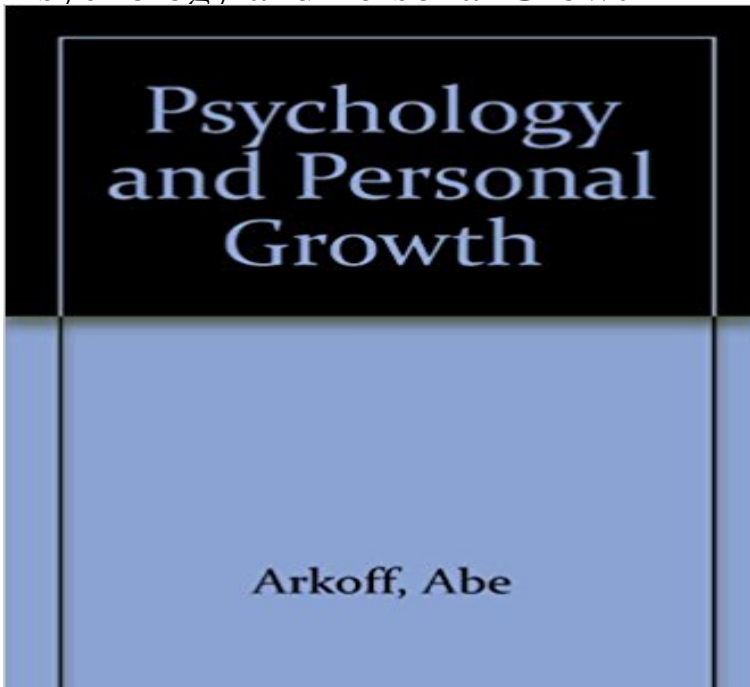


# Psychology and Personal Growth



This classic readings text is comprised of over six dozen articles, drawings, and photo-essays selected to apply psychology to your development. These selections explore six themes: identity, human communication, growth dynamics, feelings and emotions, human relationships, and a quality life. The readings present personal growth concepts in a highly personalized and lively manner. More than two-thirds of the readings are new. Each reading encourages personal reflection and/or discussion.

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